Life Fitness

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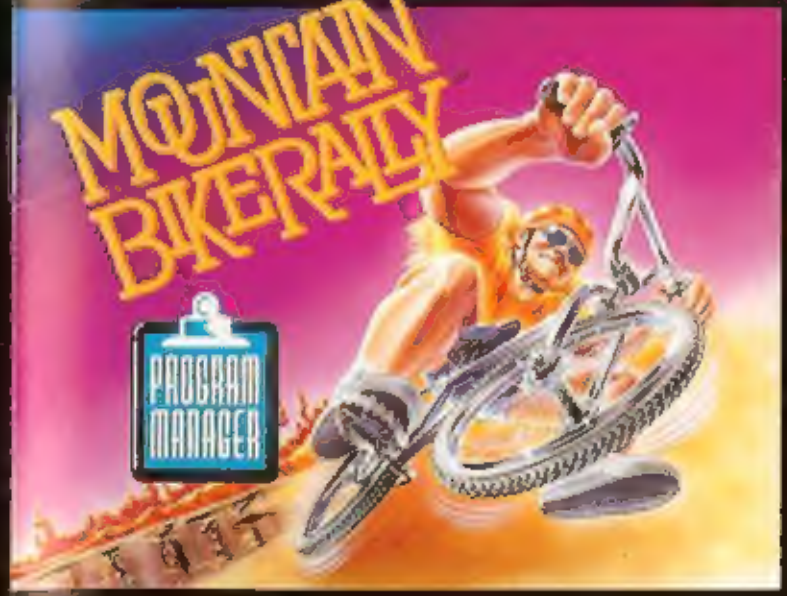
Life Fitness



INSTRUCTION BOOKLET

SUPER NINTENDO®
ENTERTAINMENT SYSTEM

Thank you for selecting the Mountain Bike Rally™ and Life Fitness Program Manager™ Game Pak.

WARNING: PLEASE CAREFULLY READ THE CONSUMER INFORMATION AND PRECAUTIONS BOOKLET BEFORE USING YOUR NINTENDO® HARDWARE SYSTEM OR GAME PAK.

Official Nintendo Seal of Quality

OFFICIAL NINTENDO SEAL OF QUALITY

This official seal is your assurance that Nintendo has approved the quality of this product. Always look for this seal when buying games and accessories to ensure complete compatibility with your Super Nintendo Entertainment System. All Nintendo products are licensed by sale for use only with other authorized products bearing the Official Nintendo Seal of Quality.

Please read this instruction booklet thoroughly to ensure proper handling of your new games. Then save this booklet for future reference.

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INTRODUCTION

MOUNTAIN BIKE RALLY™

Mountain Bike Rally™ brings the excitement of an interactive video game to your exercise program. All you do is select your bike and steering options and you're on your way! But wait, keep your eyes fixed on that terrain. It's full of enemies and obstacles that can ruin your day. There's a bunch of stuff out there to trip you up and wipe you out. Are you up to the challenge of this fast-paced road race? Ready, set, ride!

HOW TO START

1. Make sure the Super Nintendo Entertainment System® (Super NES™) power switch is **OFF**.
2. Make sure the Exertainment™ interactive fitness system module is connected to the Super NES as shown in the Lifecycle 3500X operation manual.
3. Insert the Mountain Bike Rally Game Pak into the Super NES Control Deck™ as described in the Super NES instruction manual.
4. Turn the power switch **ON**. The game selection screen will appear.
5. Use the arrow buttons on the control pad to move the gold selection box to Mountain Bike Rally and then press any button.
6. After the title and credit screens, the Life Fitness Challenge set-up screen will display.

THE LIFE FITNESS CHALLENGE

The objective of the Mountain Bike Rally Game is to complete all four stages of the Life Fitness Challenge™. To complete the first two stages you need to either score a minimum number of points or complete a minimum number of laps. To complete the third stage you must score 60,000 points. For the fourth and final stage you need to finish first in a 30-lap-minimum race at the Champion skill level. An update on the points or laps you need to score or complete before you can advance to the next stage is shown on the Player Selection screen.

PREPARING FOR YOUR RIDE

Before you get started in the Mountain Bike Rally Game, enter your name as a player and then select a rider, a track, an appropriate bike and other options you want.

SELECT PLAYER

Use the control pad arrow buttons to select a player. To add, change or edit your name, press the **B** button. Repeat pressing the **UP** or **DOWN** arrow keys on the control pad to scroll through the alphabet and select the desired letter. Press either the **RIGHT** or **LEFT** arrow key on the control pad to add or change letters. When you have finished entering your name, press the **B** button.

NOTE: This screen also displays your progress towards completion of the Life Fitness Challenge. You can only ride on the tracks of the stages you have qualified for.

SELECT RIDER

Select a rider by pressing the control pad arrows to move the gold box to the desired rider and then press **SELECT**.

The Riders

CALIFORNIA JACK has got a laid back 'tude right out of Malibu, but don't let it fool ya. When it comes to road racing, he keeps his cool — all the way to the finish line. Yagotta love it, baby.

MYSTERY knows how to leave opponents in a cloud of doubt. Just when you're wondering who's coming up on you, like magic, Mystery passes, leaving you dazed and confused.

BRUCE eats nails for breakfast, washes 'em down with drain cleaner. Tough is his middle name. Watch out when he grabs the handlebars, flexes those ham-sized biceps and throws out that big old lantern jaw. He's not about to take any prisoners.

WIND-RIDER comes on like a hurricane, covering ground quicker than the wind. The eye looks peaceful, but it's the calm before the storm. She'll sweep to the finish, taking other riders and the checkered flag with her.

MOUNTAIN DEMON always gives opponents a devil of a time. He's cunning, he's quick and he's notorious for ruining his opponents' day.

SHADOW RIDER makes every race personal, coming and going with the sun, one moment on your left, the next, on your right. Look closely. Who knows who's going to win? The shadow knows.

VERONIQUE will make you weak in the knees by turning on the charm as quickly as she makes the second turn. What's that sound you hear? It's Veronique laughing as she leaves you in the dust.

THE RAGING BEAST has been known to eat riders who get in his way. Half man, half reptile, all monster — he'll do *anything* to be king of the track.

SELECT STAGE

Use the **UP** and **DOWN** arrows of the control pad to select one of the four different stages. (Remember, you can only ride on the tracks of the stage(s) that you have qualified for.) Press any button to advance to the next screen.

1. **Qualifier Stage:**
   Steeltown

2. **Regional Stage:**
   Dark Gulanda
   Pine Meadows
   Hatsuki Japan

3. **Championship Stage:**
   Sunshine Island
   Frostlands
   Chaos

4. **Final Stage:**
   Alumnitech City

SELECT TRACK

If you have selected to race on the Regional or Championship circuits, use the control pad to arrow **LEFT** or **RIGHT** to select one of the three tracks available in those stages.

Next, use the control pad to arrow **DOWN** to select the number of laps you want to ride. As you select laps, the game will estimate the amount of time it will take you to complete your race.

Note: Since the race time is an estimate, your actual race time may vary depending upon your rpms and video game playing ability.

A general description is given for each track. Remember, the terrain description of the selected track. This will be important to you when selecting your bike.

Press any key to advance to the next screen.

SELECT BIKE

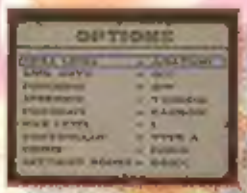
Each bike will have different attributes that will make it more or less desirable than other bikes with respect to the chosen track. Hints for bike selection are provided as bike Pros and Cons. Use the control pad to arrow **UP** or **DOWN** to the desired bike and then press **SELECT**.

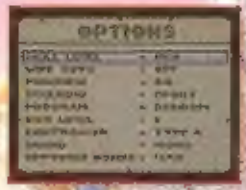
OPTIONS

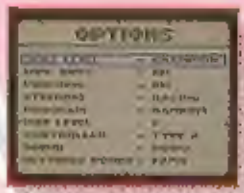
The options menu allows you to change options for your workout/game play. To change an option, use the control pad to arrow the selection box **UP** or **DOWN** to the item you wish to change and then arrow **LEFT** or **RIGHT** to change the options.

Skill Level

You will have the option to choose from three skill levels: **Amateur**, **Pro** and **Champion**. These skill levels have the following default option configurations:







	Wipeouts	Punching	Steering
Amateur	Off	Off	Touring
Pro	Off	On	Sport
Champion	On	On	Racing

NOTE: For Amateur and Pro some default option settings can be changed.

Wipeouts

When the Wipeouts option is **ON**, your rider will crash when riding into certain objects or sustains maximum damage. Conversely, when the Wipeouts option is **OFF**, your rider will not crash regardless of what he rides into.

Punching

When Punching is **ON**, other riders are allowed to strike your rider. When this option is **OFF**, other riders cannot punch you, but you are always able to punch other riders.

Steering

Three types of steering are available:

1. **Touring** - the game steers for you.
2. **Sport** - you steer the bike with some help from the game.
3. **Racing** - you are in total control, steering with no assistance.

NOTE: The more difficult the selected game options are, the greater the automatic setting bonus will be and the greater the scoring potential.

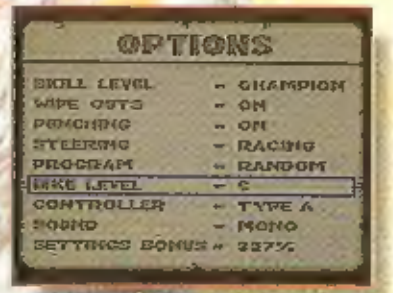
Program

Press the control pad to choose among three Lifecycle workout programs: **Random**, **Hill** and **Manual**. The **Random** and **Hill** programs provide hilly terrain and less overall resistance at any given level than the **Manual** program. The **Manual** program provides constant, flat terrain and bike resistance.

NOTE: The Controller (CNTRLR) program is also available so you can play the game without riding the bike. This program is NOT interactive and should not be selected for interactive game play.

Bike Level

Press the **UP** arrow on the control pad to increase the starting resistance level or **down** to decrease the starting resistance level. During your workout, the resistance level can be increased or decreased by pressing the **X** and **Y** buttons, respectively, with the **Type A** controller configuration, or the **RIGHT** and **LEFT** directional arrows, respectively, with **Type B** controller configuration.



GAME CONTROL FUNCTIONS

Controller

Press any button on the right controller to view controller configurations, which are as follows:

Control	Type A	Type B
X Button	Shift up	Punch
Y Button	Shift down	Grab
A Button	No function	No function
B Button	Brake	Brake
Right Rear Button	Punch	Steer right
Left Rear Button	Grab	Steer left
Start Button	During set-up, advances you through screens. Also used to pause or end a race.	During set-up, advances you through screens. Also used to pause or end a race.
Select Button	During set-up, advances you through screens. Also used to pause or end a race.	During set-up, advances you through screens. Also used to pause or end a race.
Right Arrow	Steer right	Shift up
Left Arrow	Steer left	Shift down
Up Arrow	No function	No function
Down Arrow	Duck	Duck

Sound

Match the sound of the game to the sound capability of your TV. Press the **RIGHT** or **LEFT** arrow on the control pad to change the sound from Stereo to Mono or vice versa.

Setting Bonus

Your setting bonus is automatically determined from the selection of your **skill level**, **wipeouts**, **punching** and **steering**. The more difficult the game settings, the higher the bonus. The bonus multiplier is only used when you finish in the top three of any race (see Scoring for details).

Press the **START** button at any time to begin your Mountain Bike Rally race!

How To Play The Game

Use the controls as described on page 14 to guide your rider around the track. Each track's terrain features and hazards are described below.

Track Features And Hazards

Terrain

Terrain varies on each track and from one track to the next. The effect of the terrain will depend upon the type of terrain on your selected track and the type of bike used. Be careful when you select a bike, and make sure you stay on the solid road, avoiding rough, slippery or wet terrain. Except when encountering hills, bike resistance is not affected by the terrain.

Track Antagonist

Each track features a different type of track antagonist. Avoid the track antagonist and catch any objects thrown at your rider to replenish your damage bar (see section on On-screen Feedback for damage bar description). Failure to catch thrown objects will slow your rider down and eventually cause your rider to crash.

Other Riders

Seven other riders will appear on each track with your rider. These riders will attempt to punch your rider unless the Punching Option is switched **OFF** on the Options Menu. Punch back and avoid getting punched to slow down other riders.

Ramps

Most courses feature ramps. When used properly, these ramps may be short cuts and may be used to jump over rough terrain and other riders. Be careful, though. Some ramps may throw you off the track!

Off-Road Obstacles

Each course features different off-road obstacles. If you ride into an off-road obstacle, you will wipe out unless you turn Wipeouts **OFF** under the Options Menu.

Pausing and Ending the Game

To pause the race, press the **START** button. To resume the game, select **CONTINUE**. If you wish to end your race, use the control pad **DOWN** arrow to **QUIT** and then press **SELECT**. After the race, your game summary and workout summary will be displayed.

On-Screen Feedback

The 'level' window displays the current Lifecycle bike resistance level (level 0 through 12). The MPH window displays the speed of your rider in miles per hour and your heart rate when using the optional Heart Rate Kit.

D: Displays the damage your rider has incurred. The shorter the damage bar, the greater the damage. If you have Wipeouts **ON** and your damage bar is completely used, your rider will wipe out.

S: Displays your score. See the Mountain Bike Rally Game Scoring section.

Bonus Pads

Each track will feature on-road bonus pads of various colors and shapes that will give you bonus points, eliminate damage, or give your rider a burst of speed.

Two Player Game!

Connect a Super Nintendo controller to the right controller port to allow a second player to control the punching and grabbing of the rider with the **L** and **R** buttons. Mom and Dad can steer and pedal while the kids punch other riders and catch thrown objects!

Scoring

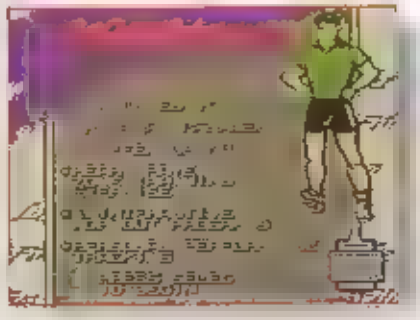
The better your position and the higher your Lifecycle exercise level, the more points you will score. You'll score bonus points for finishing in the top three positions. Bonuses increase with finish position, setting bonus multiplier (determined by the difficulty of your game settings) and the number of laps ridden.

PROGRAM MANAGER

USING LIFE FITNESS PROGRAM MANAGER

BEFORE YOU BEGIN

1. Make sure the Super NES power switch is **OFF**
2. Make sure the Exertainment™ interactive fitness system module is connected to the Super NES as shown in the Lifecycle 3500X manual
3. Insert the Mountain Bike Rally Game Pak into the Super NES as described in the Super NES instruction manual
4. Turn the power switch **ON**. The game selection screen will appear
5. Use the control pad to move the gold selection box to Program Manager and then press **ANY BUTTON**
6. After the title and credit screens, the **WELCOME** screen will appear



If you are a first-time user, use the control pad to arrow **UP** or **DOWN** to a name you wish to replace with your name, and then press the **SELECT** key

NOTE: The Guest option allows you to use the Program Manager software without retaining workout information. This enables users to use the program without disturbing the long-term data storage of other riders.

If your name is already entered into the Program Manager software, arrow **UP** or **DOWN** to your name and then press **SELECT**. The Main Menu will appear.

HOW TO INPUT/CHANGE/DELETE INFORMATION

Generally, the process for entering or editing your profile is as follows:

- Use the control pad **UP/DOWN** arrow buttons to highlight the options you want from those listed.
- Press **SELECT** to highlight the information you wish to enter or change.
- Arrow **UP** or **DOWN** to change the information, then press **SELECT** to complete the input of your information.
- Repeat process for other options.
- To delete past workout information, enter **Update Profile** and change the name. After changing the name, you will be asked if you want to delete past workout information. Select **YES** and then press the **SELECT** button.

WELCOME TO THE MAIN MENU

Once you come to the Main Menu, simply scroll down the list with the UP/DOWN arrows and press SELECT to choose one of the following:

1. **Select Today's Workout**
2. **Take a Fit Test**
3. **Preview Lifecycle Programs**
4. **Review Progress Towards Long-term Goal**
5. **Update Profile**

Select Today's Workout

This option allows you to set up or change the following workout tracking features and options:

Date

Allows you to enter today's date to track your progress by date.

Lifecycle Program

Choose from **Hill**, **Random**, **Manual**, **12-Speed Race** or **Heart Rate** (requires Heart Rate Kit (order it for the authorized Life Fitness dealer nearest you: call 1-800-EXER-FUN). Select Lifecycle Program Preview (see below) or see your Lifecycle Operation Manual for a description of the workout programs.

Your Level

This is the pedal resistance level at the start of your workout (0 is the easiest, 12 the most difficult). You may increase or decrease your level by pressing the **X** and **Y** buttons, respectively.

Today's Workout Goal

Choose to base your workout goal on **time**, **calories burned** or **distance**.

How Long

Enter today's workout goal by entering how many minutes you want to ride, how many calories you want to burn, or how many miles you want to ride.

Lifecycle Program Preview

A brief description of the workout programs available through Program Manager.

Begin Workout

Select to start your workout.

Take a Fit Test

The Fit Test gives you an accurate estimate of your fitness level compared to others of your age and sex. Your Lifecycle Operation Manual contains a complete description of the Fit Test program.

To take the Fit Test, press **SELECT**, then enter your workout level, from 0 to 12. Choose from 0 to 3 if you are a beginner, 4 to 7 if you work out occasionally, and 8 to 12 if you exercise regularly.

Now, simply ride for 5 minutes, after which you will be asked to take your pulse for 15 seconds. Enter that number by using the **UP/DOWN** arrow buttons. (NOTE: If you are using the optional Heart Rate Kit there is no need to enter your heart rate, it will be entered automatically.) You'll receive a Fit Test score and an evaluation of your fitness level. Press the **A** button to view a graph of your fitness level compared to others of your age and gender.

Preview Lifecycle Programs

Simply press **SELECT** for a description of the Lifecycle workout programs available on the Life Fitness Program Manager Software.

Review Progress Toward Long-term Goal

Press the **SELECT** button and your progress toward your long-term goal is shown on the screen. A mountain climber will depict your progress to date.

Press any key to view the details of your past 10 workouts. Use the **UP** and **DOWN** arrows of the control pad to scroll through these workouts.

Update Profile

Use the **UP/DOWN** arrows of the control pad to choose any item that you want to input or change. Press **SELECT** to highlight any item.

Name

Use the control pad to move the selection box to the first letter of your name and then press the **SELECT** button. Repeat this process for the remaining letters of your name

and then arrow to **END** and press **SELECT**. If you have changed a name, you will be asked if you want to delete past workout information.

NOTE: Changing the name deletes all historical workout information. Deleting past workout information resets cumulative workout information to zero.

Age

Select your age by pressing the **UP/DOWN** arrow of the control pad, and then press the **SELECT** button when finished (minimum age is 5, maximum is 99).

Sex

Select your gender by pressing **SELECT** to toggle between male (**M**) and female (**F**).

Weight

Enter your current weight by pressing the **UP** arrow to increase the weight or the **DOWN** arrow to decrease the weight, then press **SELECT**.

Goal Type

Select your long-term goal type by pressing the **UP/DOWN** arrows of the control pad to toggle among the **CALORIES**, **TIME** or **DISTANCE** options.

Long-term Goal

Use the **UP** and **DOWN** arrows to choose the total minutes, miles or number of calories you would like to enter as your long-term goal. Press **SELECT** when finished.

Start Date

If you are entering your information for the first time, enter today's date. Use the **UP** arrow to increase the month and the **DOWN** arrow to decrease the month. After selecting the month, arrow to the right and repeat the process to select the day and year. Press **SELECT** when finished.

Maximum Heart Rate

Your target heart rate is automatically calculated from your theoretical maximum heart rate (220 minus your age)* when your age is entered. With the optional Heart Rate Kit, you can automatically maintain your target heart rate so you never under-train or over-train. See Zone Training™ information under Preview Lifecycle Programs for calculation of your target Heart Rate Zone.

Store Profile Now

When you have completed entering or changing personal information, arrow to this box and press **SELECT** to save your information and exit to the main menu.

*American College of Sports Medicine. Guidelines for Exercise Testing and Prescription, Third Edition. Lea & Febiger. Philadelphia. 1986. p. 32.

LIFECYCLE TRAINER CONSOLE SCREEN

As you start your program, the Lifecycle console screen appears, displaying the following windows:

ELAPSED TIME

The length of time you have been working out is shown here. This window also functions as a stopwatch when checking your pulse in the Fit Test program.

PEDAL RPM

Your pedal speed, measured in revolutions per minute (rpm) is displayed here. You should keep your pedal speed between 77 and 83 rpm, except during the cool down period of the Hill Profile program and the lowest hills of the Random program, during which you should pedal approximately 100 rpm as prompted by the program.

If you are pedaling at an rpm below or above the desired range, **"PEDAL FASTER"** or **"PEDAL SLOWER"** will appear beneath the Pedal RPM window.

CALORIES AND LEVEL

This displays your calories burned and resistance level. The readout continually alternates between these two items.

MILES AND CALORIES PER HOUR

This displays your miles ridden and calories burned at your current workout level and pedal rpm. The readout continually alternates between these two items.

PROGRAM PROFILE

This matrix of dots shows your present hill conditions (yellow column, far left) and the upcoming terrain (red columns). As you pedal, the lights move across the screen from right to left. The higher the column of lights, the more difficult it is to pedal.

To increase your level during a workout, press the **X** button. To decrease your level, press the **Y** button. To end your workout and view a summary of your workout, press the **START** button and choose **QUIT**.

HOW TO USE THE GRAPHIC OVERLAY MODULE (OPTIONAL)

The optional Graphic Overlay Module uses a VCR to display workout information while you watch TV or a Videotape. During any Life Fitness Program Manager workout, press the **LEFT REAR** button on the controller to change the screen from the Life Fitness screen to graphic overlay. The graphic overlay will then display at the top of the screen while you watch TV your **elapsed time, pedal rpm, level** and **total calories burned.**

Press the **LEFT REAR** button once more to watch your TV program without the workout display. To return to the Lifecycle console screen, press the **LEFT REAR** button a third time. During your workout, you can toggle among the three options by pressing the **LEFT REAR** button.

TO ORDER the Graphic Overlay Module, call 1-800-EXER-FUN.

WORKOUT SUMMARY

At the conclusion of each workout, a summary will be given with the following information:

- **Program Completed**
- **Level**
- **Time Ridden**
- **Calories Burned**
- **Distance Ridden**

TRACKING YOUR LONG-TERM GOAL

Simply press **SELECT** following your workout summary to view your progress toward your long-term goal, including cumulative number of workouts, time, calories burned, distance, your long-term goal and what percentage of your goal you

have met. A mountain climber will climb toward your long-term goal, representing your achievements to date.

Workouts while playing other Fitness Format™ games will be included in this cumulative workout information.

NOTE: To delete or reset historical workout information, change your name under the Update Profile screen and select YES when asked to delete past workout information.

LAST 10 WORKOUTS

After the long-term tracking screen, a list of your last 10 workouts will be displayed. Workouts while using other Fitness Format™ games will also be included in this list.

EXERTAINMENT SYSTEM TROUBLESHOOTING GUIDE

Malfunction	Probable Cause	Corrective Action
Bike is hard to pedal	The Lifecycle trainer requires a break-in period.	This tightness usually subsides after the first 10 to 15 hours of use.
	Program level of intensity is set too high.	Lower the level.
Introduction appears but rider does not move and a message appears.	Bike power cable disconnected.	Check power connection to bike and "y" cable from bike to Exertainment module, then reset the Super NES system.
	"Y" cable not connected to Exertainment module and/or bike.	
Can't move from first screen.	Bike controller cable disconnected.	Check bike controller cable connection.
	"Y" cable not connected to Super NES.	Check "Y" cable connection.
Can't steer.	Bike controller cable and/or "Y" cable disconnected.	Check bike controller cable and/or "Y" cable.
	Touring steering selected.	Choose Sport steering in Options Menu.
	Not selecting desired controller configuration.	Look at controller configuration in Options Menu.
Program does not start, screen goes black, no picture, no sound.	No power to Super NES.	Check power to Super NES; power LED should be lit.
	No Game Pak.	Insert Game Pak correctly.
		Check Game Pak contacts for dirt or coatings.

Malfunction	Probable Cause	Corrective Action
Program works OK, but no bike resistance.	If opening game screen did not show Life Fitness logo, not Fitness Format™ game.	Change game cartridge. Check Game Pak contacts for dirt or coatings.
Rider does not move, no message on screen, no pedal resistance.	Game type selected is CNTRLR.	Reset game and check program type selection.
Screen static white, no picture, loud static noise.	Super NES channel switch no set to same as TV.	Check Super NES channel selector. (If using RF switch, SNES & TV must be set to same channel, if using A/V cable, TV must be set to video.)
	Super NES not connected to TV properly.	Check Super NES A/V cable or RF switch.

OPTIONAL G.O. MODULE TROUBLESHOOTING GUIDE

Malfunction	Probable Cause	Corrective Action
Program does not start, screen goes black, no picture, and/or no sound.	One or multiple cables no properly connected to G.O. module.	Check for proper insertion of cables to G.O. module.
	No power to Super NES.	Check Super NES power on.
	No power to G.O. module.	Check Go.O. module power connection.
	No Game Pak.	Insert Game Pak correctly.
		Inspect Game Pak contacts for dirt or coatings.

CREDITS

Developer	**Randal Pert**
Artwork	**Philip Tse**
Programming	**Chris Robertson**
	Mark Slemko
Sound	**Paul Wilkinson**
Redical Producer	**Rory Armes**
Life Fitness Producer	**Bryan Andrus**
Testing	**Jim Fox**
Life Fitness Art	**Sharon Perry**
Game Design	**All of the above**

WARNING

It is a serious crime to copy video games. 18 USC 2319 Nintendo games are strictly protected by copyright rights worldwide. Back-up copies are not authorized and are not necessary to protect your Nintendo Game Pak. Please destroy any illegal copies that may come into your possession. Violators will be prosecuted.

If your Game Pak ceases to operate and it is not a copy and your Nintendo Control Deck has no alteration or backup device attached to it, please call the Nintendo Consumer Assistance Hotline at 1-800-255-3700 (U.S. and Canada) or your local authorized Nintendo distributor for assistance.

90-DAY LIMITED WARRANTY

Life Fitness warrants for a period of 90 days from the date of purchase by the original purchaser of this Game Pak that the Game Pak will be free from defects in materials and workmanship. A defective Game Pak that has not been subjected to misuse, excessive wear or damage due to carelessness may be returned during the 90-day period without charge.

To Receive Warranty Service:

1. DO NOT return your defective Game Pak to your purchase source.
2. Notify the Life Fitness Customer Support Center of the problem by calling 1-800-216-8894 between the hours of 8 am and 6 pm (Central Time)

   Monday through Friday. Please DO NOT send your Game Pak to Life Fitness before calling Life Fitness.
3. If the Customer Support person is unable to solve the problem by phone, you will be provided with a Return Authorization Number. Simply record this number on the outside packaging of your defective Game Pak (be sure your packaging is at least 4 inches by 6 inches as many shipping companies will not ship anything smaller) and return your Game Pak FREIGHT PREPAID AND INSURED FOR LOSS OR DAMAGE, together with your sales slip or similar proof-of-purchase within the 90-day warranty period to:

Life Fitness
10601 West Belmont Avenue
Franklin Park, Illinois 60131

After the 90-day period, a defective Game Pak may be replaced in the United States for $35 (U.S., plus sales tax for your state. Make checks payable to Life Fitness, and return to the address above. (To speed processing, return only the Game Pak, not other materials.)